

August 2002 Injury Prevention Newsletter

Alaska News & Resources

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National News & Resources

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1. Storing Clams. If you choose to dig clams on Alaska's beaches, be aware of the risk of paralytic shellfish poisoning (PSP) www.state.ak.us/dec/deh/seafood/psp <<http://www.state.ak.us/dec/deh/seafood/psp>> If you are new to the world of harvesting clams, know that proper storage is important: live clams should be refrigerated, covered with a wet cloth, and used within two or three days. Shucked clams can be stored in water or their liquor; keep covered, refrigerated, and use within two days. Freezing and canning are other options for storage. The Alaska Cooperative Extension Service is a good resource for information on safe food storage: www.uaf.edu/coop-ext/ <<http://www.uaf.edu/coop-ext/>>

2. Camp Fire Water Safety Program. Port Graham kids took part in Camp Fire USA's annual rural outreach program this summer. College-age volunteers provided a water safety, arts and crafts camp for young students one week, and offered a separate weeklong camp just for teenagers. The focus of the camp was swimming, boating, and cold water safety education. Based on the amount of positive input from the village, Camp Fire USA is planning to continue the program next year; Port Graham will provide subsistence educators, and Camp Fire will offer the coordinators and activities. For more information contact: Camp Fire USA Alaska Council, 3745 Community Park Loop, Suite 104, Anchorage, 99508, 907-279-3551, email: campfire@campfireak.org

3. Making Home Safe and Accessible for Seniors. How can you stay safely in your own home for as long as possible? One of the secrets is doing a 'walk through,' assessing it for safety and identifying hazards. You can do an informal review by yourself, or you can have an occupational therapist do a professional 'home accessibility assessment'. The AARP (www.aarp.org/universalhome/ <<http://www.aarp.org/universalhome/>>) has

publications such as the "Do Able Renewable Home" which provides information about making home safe, as does the National Resource Center on Aging and Injury (www.olderadultinjury.org/Resources/)
<<http://www.olderadultinjury.org/Resources/>>

4. Autumn Poison Hazards: Carbon Monoxide, Antifreeze, Pesticides, De-icing Salt, Plants, and Berries Watch out for rooms with poorly ventilated woodstoves and improperly functioning furnaces and heating systems. Children

(and adults) should not be left in idling cars - passengers in the backseat are especially vulnerable to carbon monoxide poisoning. Antifreeze, pesticides (including citronella candles and fluids), and de-icing salt should be stored in their original containers with complete labels, kept in a locked area, out of reach of children. Alaska Plant Poisoning and Poison

Prevention Alaska brochures are available at:
www.chems.alaska.gov/ems_poison_control.htm
<http://www.chems.alaska.gov/ems_poison_control.htm>

5. Sports and Recreation Injuries. The article: "Nonfatal Sports- and Recreation-Related Injuries Treated in Emergency Departments --- United States, July 2000--June 2001", a study of non-fatal ER visits by age, gender, and sport/recreational activity is available at:

<<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5133a2.htm>>. A copy of the 10

Leading Causes of Fatal and Non-Fatal Unintentional Injuries in Alaska by

Age Group, 1994-1998 chart, is available by contacting Zoann Murphy, 465-1185

6. More on Vehicle Safety. The area around a parked car can be a danger zone; the report "Violence Against Women" conducted by the Department of

Justice, states that the area near your car, or the route to your car, has

become one of the prime target areas for assaults, robbery, and rape. Safety

tips: Park in a well-lighted location. Never park where you can't be seen

getting in or out of your vehicle (such as between two large vans or trucks). Ask someone to walk with you to your car - or walk in a group. If

you find yourself alone and afraid, call a friend or family member and wait

somewhere safe. www.vawprevention.org <<http://www.vawprevention.org>> is the

site for the National Violence Against Women Research Center.

7. Websites for Injury Prevention Resources

Teen Safety. From camping safety to self-defense basics, Staying Safe helps

teens be prepared to prevent injuries, deal with emergencies, and protect

themselves in serious situations. <<http://kidshealth.org/teen/safety>>
Safety Rules. An activity and coloring book for elementary school kids,
Safety Rules gives safety tips in an easy-to-read and remember format.
Produced by the Council on Family Health in conjunction with the
National
Association of School Nurses, up to 200 copies are available at no
charge
for groups (additional copies are 10 cents each) Mail request on
letterhead
to: Council on Family Health, Safety Rules, 1150 Connecticut Avenue,
NW,
Suite 1200-B, Washington, DC 20036. A copy can be downloaded at:
www.cfhinfor.org <<http://www.cfhinfor.org>>

8. Product Recalls and Safety Information
Consumer Product Safety Commission. Parents and teachers buying art
materials, school supplies, and toys such as crayons, paint sets, or
modeling clay should purchase only those products which are accompanied
by
the statement "Conforms to ASTM D-4236
www.cpsc.gov/CPSC/PUB/PUBS/5016.html
<<http://www.cpsc.gov/CPSC/PUB/PUBS/5016.html>>

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This newsletter has been compiled by the Section of Community Health &
EMS
(CHEMS), Alaska Division of Public Health and sent to subscribers of
the
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others
in Alaska including Public Health Centers, SAFE KIDS coalitions, Native
Health organizations, and regional EMS Councils and Coordinators who
may be
interested and active in injury prevention and health promotion. The
purpose is to share resources, breaking news, training opportunities,
product recalls, and opinions to help prevent injuries to Alaskans.
Feedback and contributions are encouraged. Contributions can be
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